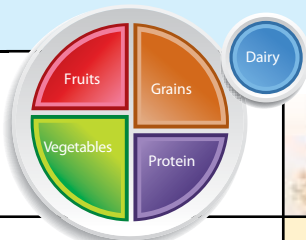





Xaiv MyPlate: Yuav Tsum Noj Ntau Npaum Licas Txhua Hnub Thaum Xeeb Menyuum thiab Tom Qab



					
Yuav tsum noj ntau npaum licas rau cov pojniam uas muaj li no :	Pawg Mov thiab Nplem lb nrab yuav tsum yog cov tseem "grains"	Pawg Zaub Yuav tsum noj ntau yam zaub	Pawg Txiv Yuav tsum noj ntau yam txiv	Pawg Kua Mis Nyuaj Cov uas tsis muaj rog	Pawg Nqaij thiab Taum Noj nqaij tsis muaj rog
Xeeb Menyuum Thawj Peb Lub Hlis	6 ooj	2 1/2 khob	2 khob	3 khob	5 1/2 ooj
Xeeb Menyuum Lub Hlis Thib 4 txog 9	8 ooj	3 khob	2 khob	3 khob	6 1/2 ooj
Pub Niam Lub Mis rau Menyuum Noj Xwb	8 ooj	3 khob	2 khob	3 khob	6 1/2 ooj
Pub Niam Lub Mis thiab Taub Mis Tibsi	7 ooj	3 khob	2 khob	3 khob	6 ooj
Pub Taub Mis Nkaus Xwb*	6 ooj	2 1/2 khob	1 1/2 khob	3 khob	5 ooj
Yuav Tsum Suav Cov Khob thiab Ooj Licas	1 ooj = 1 daim nplem, 1 ooj cereal twb siav yuav noj tau <u>LOSSIS</u> 1/2 khob mij, mov lossis cereal uas ua siav	1 khob = 1 khob zaub nyoos lossis siav los-sis "juice" <u>LOSSIS</u> 2 khob nplooj zaub	1 khob = 1 khob txiv lossis juice <u>LOSSIS</u> 1/2 khob txiv qhuav	1 ooj = 1 khob mis, 8 ooj kua mis nkoog, 1 1/2 ooj cheese <u>LOSSIS</u> 2 ooj "processed cheese"	1 ooj = 1 ooj nqaij ntshiv, qaib/noog lossis ntsees, 1 lub qe, 1/4 khob taum siav, 1/2 ooj txiv noob <u>LOSSIS</u> 1 diav peanut butter

*Cov xov xwm no rau cov pojniam tsis pub mis rau menyuum no yog ua pivtxwv txog tus pojniam uas noj 1800 calorie tauj ib hnub. Nov yog hais txog feem coob cov pojniam uas tsis ua exawsxais. Yog tias koj ua exawsxais 30 feeb lossis ntau tshauj tauj ib hnub ces, tej zaus koj yuav tsum tau noj ntau tshaj ntawd.

Kev Xeeb Menyuum: Tej Yam Ntiv uas Koj thiab Koj Tus Menyuum Cheem Tsum

Folic Acid (Folate) – 600 mcg

Folic acid yog ib yam Vivtasmeees B uas yuav pab tiv thaiv tau koj tus menyuum nruab thiab kom nws lub hlwb thiab hlwb txha nqaj qaum txhob muaj teeb meem. Tej teeb meem no yuav tshwm tau thawj ob peb lub lim tiam uas xeeb menyuum. Tag nrho cov pojniam uas lub cev tseem xeeb taus menyuum yuav tsum noj folic acid kom txaus cev txhua hnub.

Tej Yam Zaub Mov Muaj Folic Acid Ntau: Cov Cereals uas tau ntxiv tshuaj folic acid, nplooj zaub ntsuab, taum, daim siab thiab cov txiv qaub.

Vivtasmeees C

Vivtasmeees C pab pos hniav, npluag nqaij, pob txha thiab hniav kom txohb muaj mob thiab muaj zog.

Nws kuj pa blub cev kom siv tau tshuaj iron nws thiab ua tau tej noob ntshav liab uas ntaus tau kab mob.

Tej Yam Zaub Mov Muaj Vivtasmeees C: WIC cov juices, txiv kab ntxwv thiab txiv pos nphuab.

Iron

Iron yog yam uas koj lub cev siv los mus ua ib co tshuaj nyob hauv cov noob ntshav liab uas xa oxygen los mus yug koj tej npluag cev thiab tej yam nrog cev.

Thaum xeeb menyuum lawm, koj cheem tsum iron ntxiv: ntau tshaj tus pojniam cev tsis xeeb menyuum li ob npaug. Cov tshuaj iron no pab koj lub cev ua tau ntshav ntxiv thiab ua tau oxygen ntxiv los mus yug koj tus menyuum thiab nws kuj pab xa oxygen mus yug koj thiab koj tus menyuum lub cev.

Tej Yam Zaub Mov Muaj Iron: Nqaij nyuj ntshiv, nqaij qaib/noog, nqaij ntsees, taum thiab taum mog, WIC cov cereals thiab prune juice. Koj lub cev yuav haj yam siv tau cov tshuaj iron no yog koj noj zaub mov muaj tshuaj iron ntau ntxuag cov zaub mov muaj Vivtasmeees C ntau, xws li cov txiv qaub thiab txiv lws suav.

Calcium

Koj tus menyuum yuav tsum muaj Calcium xwv nws cov pob txha thiab loj hlob tau zoo. Yog koj noj Calcium tsis txaus ces koj lub cev yuav rho Calcium ntawm koj cov hniav coj los mus yug koj tus menyuum.

Tej Yam Zaub Mov Muaj Calcium: Tej yam khoom kua mis nyuj tsis muaj rog, xws li kua mis nyuj nkoog, kua nplaum qab zib, thiab cheese, zaub ntsuab hu ua "collard", zaub paj ntsuab, thiab cov cereal uas yog tseem "grains" thiab cov juice uas tau ntxiv tshuaj.

Xaiv MyPlate rau Cov Pojnim Xeeb Menyuum, Pub Mis rau Menyuum Noj, thiab tsis Pub Mis rau Menyuum Noj

Nce Ceeb Thawj Thaum Xeeb Menyuum

- Thaum xeeb menyuum yuav tsum nce phaus zuj zus.
- Qhov uas koj nce ceeb thawj ntau npaum licas thaum xeeb menyuum nyob ntawm seb koj tau muaj ceeb thawj npaum licasua ntej koj tau xeeb menyuum lawm.
- Ib tug pojnim uas muaj ceeb thawj tab tom zoo ua ntej nws xeeb menyuum lawm yuav tsum nce li 25 txig 35 phaus thaum nws xeeb menyuum lawm.
 - 2 txog 4 thawj peb lub hlis.
 - 3 txog 4 phaus txhua hlis rau lub hlis thib plaub txog thib cuaj.
- Lub tswvyim no yuav txawv rau cov pojnim muaj ceeb thawj tsis txaus lossis ntau dhau. Nug koj tus kws kho mob seb koj yuav tsum tau nce ceeb thawj npaum licas thiaj tsim nyog rau koj.



Tej Txojkev Yuav Tswj tau Kev Nce Ceeb Thawj – Thaum Tseem Xeeb Menyuum thiab Tomqab

Txhob noj zaub mov “seem” ntau. Tej yam no yog yam uas muaj rog thiab piam thaj ntau.

Tej yam no suav nrog rau:

- Dej qab zib (pevxij)
- Qhaub noom thiab khoom qab zib
- Zaub mov kib thiab zaub mov khib nyiab
- hnyuv ntxwm lossis nqaij npua kib



Mus kev lossis ua luam dej 30 feeb tau jib hnuv yog ib txojkev zoo heev rau koj lub cev thiaj li siv tau cov calorie seem. Ua tib zoo nrog koj tus kws kho mob tham ua ntej koj pib ua ib yam exawsxais twg.



Noj Zaub Mov Kom Nyab Xeeb thaum Xeeb Menyuum thiab Pub Mis rau Menyuum Noj

Koj npaj thiab ua mov noj zoo yuav pab tiv thaiv koj thiab koj tus menyuum kom neb thiaj noj qab haus huv. Kev npaj thiab ua mov noj tsis zoo tsim tau ntau yam kev phomsij. Nram qab no yog tej yam kev phomsij uas yuav tsim tau.

Kev Phomsij	Nyob Qhov twg?	Yuav tiv thaiv tau licas?
Listeria: Ib yam kab mob uas tau rau yus yug menyuum uas twb tag sim neej lawm, yug ntxov lossis ua rau mos liab mob hnyav lossis tas sim neej.	Nqaij nyoos, kua mis nyuj “unpasteurized” thiab tej yam khoom kua mis nyuj, nqaij hlais uas yuav tim taj laj, hnyuv ntxwm thiab cov cheese muag.	<ul style="list-style-type: none"> • Muab cov nqaij hlais ci txog thaum kub kub ua pa kub lawm. • Ua tib zoo xyuas nws puas hais tias “Made with pasteurized milk.” • Tso cov zaub mov seem ua ntej dhau 2 teev nyob hauv ib lub tais ntiav muaj hau kaw thiab noj kom tas ua ntej dhau 3-4 hnuv.
Toxoplasma: Ib yam kab mob uas ua tau rau yus muaj kab mob uas yuav kis tau rau koj tus mos liab.	Nqaij uas tsis tau ci lawm, cov zaub thiab txiv uas tsis tau ntxuav, thiab cov tsiaj txhu me cov quav	<ul style="list-style-type: none"> • Ntxuav tes tom qab koj kov av, xuab zeb, nqaij nyoos lossis cov zaub thiab txiv uas tsis tau ntxuav. • Ntxuav thiab tev tag nrho cov zaub thiab txiv uas koj yuav noj. • Hais kom lwm tus pab tu tus tsiaj yug lub thoob tso zis tso quav lossis tawb los yog koj tu lawm ces cia looj hnuv tes ua ntej mam li tu.
Mercury: Ib co kua tshuaj hlau uas lom tau neeg uas kuj tsim tau teeb meem thaum xeeb menyuum.	Ntses	<ul style="list-style-type: none"> • Txhob noj cov ntses shark, swordfish, king mackerel lossis tile fish • Tsuas noj cov ntses albacore “white” tuna ib lub lim tiam 6 ooj xwb. • Koj noj cw, cov ntses light tuna, salmon, pollock lossis catfish iblub lim tiam qhov ntau tshaj plaws yog 12 ooj.

Cov xov xwm no yog South Carolina Department of Health and Environmental Control tau tso cai rau peb kho koj los

Missouri Department of Health and Senior Services x WIC and Nutrition Services x 573-751-6204

DHSS yog ib lub koom haum ntiav neeg tsis xaiv ntsej muag ua ntxub ntxaug li. Thaum muab kev pab los kuj tsis xaiv ntsej muag li. Yuav tau cov ntaub ntawv no ua yam ua thiaj haum tau neeg cev xeeb tsis meej lossis ua tsis taus, thov tiv tauj rau Missouri Department of Health and Senior Services rau ntawm 573-751-6204. Cov neeg tsis hnov lus thiab cov hais tsis taus lus yuav ntaus tau 711. USDA yog ib lub koom haum ntiav neeg tsis xaiv ntsej muag ua ntxub ntxaug li.

health.mo.gov/wic

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